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癌症讓我獲得新生

蓮花

我叫蓮花，一家三口從廣州移民來美已十九年，最初我和許多新移民一樣：不懂英文，不會開車，找工作很難。好不容易找到工作了，自以為年輕有力氣，腰痛，腳痛也拼命做，七天做兩份工，熬到下班回到家向丈夫訴苦，但得不到同情，他反而批評我說：我比你更累，別人都能做，你就是不能吃苦，我真是有苦無處訴，很不開心，我們常常為一點小事就吵架。我又經常失眠，這樣日積月累終於在2013年2月收到醫院的體檢結果通知，發現得了乳腺癌！這個晴天霹靂，使我六神無主不知所措。幸好我有醫療保險，到醫院馬上就安排做了切除手術，手術很成功，又有兒子和媳婦一直陪伴和護理，我感受到家庭的溫暖。但是跟着要做化療我就很害怕，後來到教會找到了嫻姐請教，她是癌症康復者，很有經驗，我得到她耐心勸導和鼓勵，她還帶我到華州華人防癌互助協會認識了好幾位姐妹及防癌會的事務，她們耐心地介紹她們的化療經歷及經驗，使我有信心 and 勇氣接受化療，繼續向病魔鬥爭。化療是一場痛苦難熬的經歷：嘔吐，骨痛，皮膚腫，指甲發黑，沒有食慾，脫髮，失眠...。但是教友，癌友們經常來探望問候，還有兒子媳婦的陪伴，兒子還風趣地說：媽咪，頭髮掉了不用怕，以後再長出來的會更好，你會更漂亮！他們給了我很多的勇氣和力量。



Mission Statement

The Washington State Chinese Cancer Network Association (WSCCNA) is a non-profit organization dedicated to serve cancer survivors and their families in the Chinese community. The WSCCNA provides activities and programs to support and enhance the quality of life for cancer survivors and their family and friends.

本會宗旨

華州華人防癌互助協會是一個非營利組織。本會的宗旨是希望能為華人癌友和家庭提供必要的協助，有關治療、康復、身心靈的諮詢。

A Reborn from Cancer

Lian, translated by Elsa Tang

My name is Lian. A family of three migrated from Guangzhou to United States 19 years ago. At first I just look liked many new immigrants: did not understand English, did not know how to drive, and it was difficult to find a job. Finally I found an employment after much efforts. Since I was young I thought I had lots energy, I worked two jobs a week. Even though I developed lumbago and foot pain, but I desperately continue to do it. Every day I suffered the pain & complained to my husband when got home, but he showed no sympathy. He criticized me instead: "I am more tired than you. How come others can do it, you just cannot endure the hardship!" I was very unhappy and had nowhere to express my suffering. We often quarreled about minor things. I often had insomnia, unable to sleep. As such a cumulative accumulation, in the February 2013, I received the hospital examination results notice of breast cancer! I was so overwhelmed and felt so helpless. Fortunately, I had medical insurance! I reported to the hospital immediately and tried to arrange for the excision operation. The operation was very successful. My son and daughter-in-law were very supportive. They accompanied & cared for me during the entire hospital stay. I felt the warmth of my family. Follow after was chemotherapy and I was very afraid. I went to church to find sister Han for consultation. She was also a cancer survivor with similar experience. She gave me a lot of encouragement and persuaded me patiently. She also took me to the Chinese Cancer Support Group to meet several sisters and their board members. They shared their experience on chemotherapy. So that I had confidence and courage to continue fighting against the disease. Chemotherapy was a painful experience: vomiting, pains all over the bones, swollen skin, nails fungus, no appetite, hair loss, insomniaetc. But the church members, cancer friends often came to visit me. My son and daughter-in-law did as well. My son was jokingly saying: Mom, don't be afraid of losing hair, the future will grow back, even better. You will be more beautiful! They did give me a lot of courage and strength.

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癌症讓我獲得新生

(上接第一頁)

化療後的康復也是一個關口，面對許多後遺症：胃口不好，失眠，脫髮後光了頭，丈夫工作後勞累，也常發脾氣，我還是得不到他的關心，這些都影響我身體的康復。這時有幸得到教會的傳道人親自上門和我談心，防癌會的姐妹們和我交流經驗，鼓勵我要走出家門，參加社會活動才能得到更多人的關愛，當心情開朗了，身體恢復得很快。我參加了民族舞隊，在教師的培養和帶領下，經常去社區老人院表演，給更多人帶來歡樂，自己也很開心，在團體活動中也學會控制自己的情緒和對人的包容和忍讓，回到家裏和丈夫的衝突就少了，關係也好了，我深深體會到：家和萬事興，和諧共贏的道理。有一次我答應了一位教友姊妹要陪伴她去作電療，正好我丈夫那幾天轉工，在家休息，我請他開車接送去醫院，他一口就答應了，並且堅持了四天，完成了她的電療，我的姊妹非常感動，她說：你們倆真是神派來幫我的天使啊。我現在的日子過得很充實也很忙：學舞，排練，演出，上英語課，去健身會游泳，有時幫忙照顧可愛的小孫女，探望教會的老人.....現在朋友們都說我和以前判若兩人，話多了，笑聲也多了，比從前漂亮了，我深深體會到要珍惜自己，珍惜身邊的親人，過好每一天，有說有笑，晚上就能睡個好覺，這才是幸福。最後我還要鄭重提醒姊妹們，每年都要去檢查身體，有病早發現，早治療，生命是最寶貴的！（寫於2018年1月）

A Reborn from Cancer

(Continued from Page 1)

After the rehabilitation of chemotherapy, it was also a turning point, I faced many reactions: bad appetite, insomnia, bald head....etc. My husband was very tired after work, he often lost his temper. I still did not get his attention and caring. These was really affect my physical recovery. During this time, I was fortunate to have a church mission committee came to share with me. The sisters from cancer support group exchanged experience with me. They encouraged me to get out of the house, participate in social activities to meet more people. When the mood is cheerful, the body recovers quickly! I participated in the folk dance. With the dance teacher's training & leadership, we often performed in the senior community homes. We brought joy to other people, and I was happy too. During the group activities I learned to control my emotions and the tolerance of other people. When I was back home, my conflict with husband was less, our relationship became improved. Then I deeply understood: we all won by staying harmoniously.

One time I promised a sister to accompany her to radiation. My husband was between jobs at that time, he rest at home. I asked him to give us a ride to the hospital. He agreed and continued to do it for four days. The sister completed her treatments and she was very touched. She said: you two are really a god sent angel to me! Now my life is very full and busy: learn dancing, rehearsal, performance, attend English class, and swim in fitness center. Sometimes I help to care for my lovely granddaughter or to visit the church elder members. My friends said that the new me and the old me are completely two different person. I become more talking, more laughing, more beautiful than before. I deeply appreciate to cherish ourselves, cherish the relatives and the people around. We enjoy our lives every day, happiness includes talking, laughing and with a good night sleep. Finally, I would like to remind everyone to do physical examination annually. Illness can be detected early! Life is precious. (written on January,2018)

回到基本

曹治永翻譯

1999年我母親被診斷患了結腸癌。在沒有任何人有時間思考的狀況下，她的醫生已經匆匆給她做了手術。我母親說自此之後她身體裡面就感覺不一樣了。她再活了兩年，直到2001年初她屈服於癌症，此時癌已經擴散至她的骨頭。她接受過化療和放療，但長期來說都不見效。她也嘗試我們在加州 Monterey park 店裡買的中藥草。

我母親一生是一個化學家，一向對同種療法的資訊都很有興趣。這一切都沒有能幫助她戰勝癌症。但是倒幫助了我。

她患癌症時我是全職的上班族，而我也盡力去學與癌症有關的事宜。當年的網路跟現在的無法比，當然，我也讀了很多書。最終，我在讀有關死亡的書。

2001年下旬，我們都經歷了世貿大樓崩塌。兩個月後我去參觀廢墟，從旁邊的建築我高空俯看了這一個廢墟，一般人都只能從原地來看這個廢墟。

這些事件加上我本身的好奇心及疑問，我辭去了工作及既有的生活去環遊世界來找答案。我們是誰？生命的宗旨是什麼？生命真的有宗旨嗎？

快速跳到現今，我找到也接受了許多我的問題的答案，其中有一些增進我們健康的方式是到目前為止沒人相信這是可能的。最明顯的指標是我的視力會在未來二到四年裡有40%的可能，在不需要任何手術和鏡片的幫助下回復到20/20。這主要是靠加速我們身體的自愈能力及放鬆我的肌肉。

我學到最重要的課題我都寫在我最近出版的一本小說，“Quiet Freedom by WC Peace”，我的筆名。在這本小說裡，主角學習用另一種思維來看自己及其他的人。這種不同的思維讓我很快的去除內在的壓力，加速自我治癒的能力及快速的學習很多東西。健康方面，了解我們吃的食物，空氣，水和光及我們身邊電子產品釋放的電磁場。

現今醫生（包括牙醫）的訓練是用藥物及手術來治癒不同的疾病。但是，如果我們問很多問題，我們會發現一些我們視為理所當然的（呼吸的空氣，喝的水，身邊的光）及我們的環境也許對預防及療癒疾病更有效。

年終午餐後的感想

周豪

去年十二月參加華州華人防癌互助協會感恩午餐令我大開眼界，當我目睹這麼多癌症生存者在一齊載歌載舞，盡情歡樂和放懷享受美味佳餚，不禁令我想起十四年前我的前妻和癌症奮鬥最終失敗，如果當時有類似防癌協會的機構存在，對我的家人和孩子們在最悲痛的過渡時期一定會有很大支持和幫助的。

午餐後有癌症患者陳述他/她們如何每天和病毒奮戰，尤其是陳阿姨，這位勇敢的女性已經和癌症奮鬥五十多年了。在此我們向各位癌症患者致最高的敬禮，感謝他/她們為其他癌症病人做出勇敢的榜樣。



Back to Basics

By Wayne

In 1999 my mother was diagnosed with colon cancer. Before anyone had time to think about this, she was rushed into surgery by her doctor. My mother said she never felt the same again on the inside. She lived for a couple more years before she succumbed to the cancer in early 2001 which had spread to her bones. She got chemotherapy and radiation treatment, to no avail over the long term. She even tried some Chinese herbal medicine that we bought from a shop in Monterey Park, California. My mother was a lifelong chemist and was often interested in homeopathic information. None of this helped her beat this cancer, but it did help me.

While she had cancer I was working full-time and I did my best to try and learn about all things cancer-related.

The Internet was not the same tool as we have today, of course. I read numerous books, but eventually, I was reading books about death.

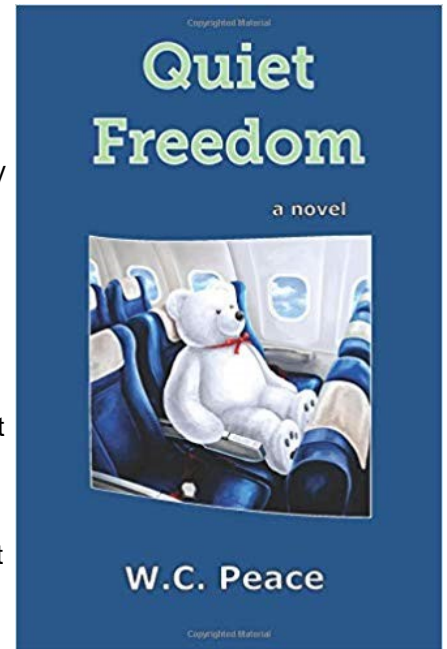
Later in 2001, all of us experienced the collapse of the World Trade Center. I went to visit the ruins exactly 2 months after and got a bird's eye view from a building next to the wreckage site while most other people were only able to see the ruins from ground level.

These events combined with my own curiosity and questioning, and led me to quit my job and life path to travel the world and seek answers about who we are and what is the purpose of life, if there was any indeed.

Let's fast forward to the present. I found and received many answers to my questions and searching. Among them, the key to improving our health in ways that up to now, have not been believed to be possible. The most obvious measurable indicator, is the improvement in my eyesight of around 40%, with the expectation that in the next 2-4 years my eyesight will return to 20 / 20 and better in both eyes. Without any surgery or external lenses. This has been made possible by learning to accelerate our self-healing ability and unwind my muscles (stress).

The most important lesson I learned that set me on this path of discovery, I encoded in a fictional novel that was recently published, titled Quiet Freedom by WC Peace, my pseudonym. In this novel, the character learns about a different way to think about herself and other people. This different way of thinking has allowed me to rapidly get rid of internal stress, accelerate our self-healing ability, and rapidly learn many things. As it relates to health, the importance of understanding the food we eat, air, water, and light, and EMF from the electrical devices that surround us.

Medical doctors (dentists included) of today are taught to use drugs and surgery to "cure" various ailments. But, if we ask enough questions, we may just learn that understanding the things we take for granted (air we breath, water we drink, light we expose ourselves to) and our environment, might be of much more use in preventing and/or healing any disease or ailment.



Appreciation Luncheon Reflection

by Howard Chou

WSCCNA's 2018 appreciation lunch was an eye-opener for me, I witnessed a lot of cancer survivors dancing, socializing, enjoying the delicious lunch prepared by Aegis Garden at the event. I thought about my late wife losing her battle to colon cancer 14 years ago, if our family had support from WSCCNA at that time, I am certain that we didn't have to struggle as much dealing with this traumatic experience.

Listening to people's testimonials on how they deal with the disease on the daily basis, especially Auntie Chan, that courageous lady that have been fighting the disease for more than 50 years and winning. I will like to express my ultimate respect to all the people that are fight the battles everyday, and the ones that never gave up until the last minute, thank you for your bravery and inspiration!





感謝您的支持 Thank you for your support

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2018 義工 Volunteers

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Howard Chou	Alan Leung	Elsa Tang	鍾錦嫻
Angela Dickey	Regina Leung	Mark & June Tat	Mak Fai Kung Fu Academy

2018 活動 Activities



Appreciation Luncheon for Survivors and Volunteers



Holland America Cruise Luncheon



UW Relay for Life—Survivor lap



Komen Race for the Cure

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郵箱：PO BOX 14606, Seattle, WA 98104

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 Washington State Chinese Cancer Network Association(WSCCNA), is a 501 (c) (3) non-profit organization

謝謝您的繼續支持! THANK YOU FOR YOUR CONTINUING SUPPORT



癌友會圖書查詢

癌友會圖書查詢外借改在健安東區銀髮族社區中心

地址：15921 NE 8Th ST, Bellevue, WA 98008

辦公室內存放有防癌及抗癌的資料供閱讀，部份還可借出。

有醫療類、防癌抗癌類、食療類、養生保健類、心理健康類、運動類等各種簡體繁體書近40種及健康講座、心理建設、太極氣功教授、有氧運動、經絡鍛煉法等語音CD和錄像DVD。

另有簡體的癌症康復雜誌及其他中英文癌症資訊供借閱。書、CD及DVD

借期為四個星期，到期後可續借一次；歡迎大家參觀及借用。

有興趣擔任義工的朋友，請與我們聯絡：(206) 850-5914 或 電郵 info@wscna.org

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WSCCNA is a 501(c)(3) non-profit organization

本會是一個政府批准非牟利團體

Exciting Events in 2019 年精彩活動預告

- 2/23/2019 11:30-3:30pm 同慶新歲 Chinese New Year Celebration
Sat 星期六 新年自備餐 Potluck Lunch
Address Kin On Community Center 4416 S Brandon Street, Seattle
活動地點
- 3/16/2019 11:30-3:30pm 癌友談心會 Support Group
Sat 星期六 Address 活動地點
- 4/27/2019 4:00—8:00pm Line Dance Fundraising
Sat 星期六 Address 活動地點: 中華會館 Chong Wa Benevolent Association
- 5/11/2019 1:00—4:00pm 華大 生命接力 UW Relay for Life
Sat 星期六 Address 活動地點: 華大 UW Husky Stadium
- 6/2/2019 8:00-12:00pm Susan Komen "Race for the Cure" at Seward Park
Sun 星期日 蘇珊基可嫻乳癌基金會 "為治癒而競走" 活動
- 8/24/2019 11:30-3:30pm Summer Potluck Picnic @ Coulon Park, Renton
Sat 星期六 夏日野餐 自備餐

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